

A N N U A L N A R R A T I V E R E P O R T

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by

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COCONINO COUNTY

ARIZONA

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PREFACE

The following narrative report is an account of the agent's activities during the past twelve months, sixty-one days of which were spent in Coconino County.

The agent wishes to take this opportunity to thank all National, State, and County Extension workers for their valuable aid and assistance.

ADULT WORK
in
COCONINO COUNTY
1947-1948

A D U L T W O R K

ORGANIZATION & PLANNING

Organization was and still is one of the main problems in the county. The Sedona Homemakers Club which was organized in August of 1947 is becoming the hub directing all community activity in Oak Creek Canyon. This club, which started out only for the purpose of carrying the Home Demonstration program, now sponsors the 4-H clubs, and supplies funds for their attendance at all state 4-H events such as Roundup and Camp; sponsors all junior recreation and entertainment events, such as the square dance clubs; sponsors the American Legion Auxiliary activities in the Canyon, supplied 250 cookies weekly for a month to Fort Whipple, and is making and filling 25 Christmas stockings for the Fort Whipple veterans. The members are also contributing to the Public Health Fund for triple vaccine for all children whose parents cannot afford to buy it. Previously, as individuals, these homemakers had belonged to clubs in Flagstaff and had done their individual bits, but as members of this ever-growing and extremely active Sedona Homemakers Club, their results and enthusiasms are unlimited.

Of especial interest as an organizational problem are the Doney and Black Bill Park communities. As individual homemakers, several of the women were anxious to organize a homemakers club, but it was always seemingly impossible to get more than two families together. The apparently unsolvable problem of an adult Homemakers Club was, therefore, side-stepped and concentrated effort was put on the organization and development of a 4-H Club. By developing a common interest--their children's welfare--the County and Home Demonstration Agents were able to bring a number of these rural people into close contact with each other, and they in turn decided that they wanted a homemakers club. This club was organized in October, and by another year there should be many interesting developments to report.

ORGANIZATION AND PLANNING (cont'd)

A county wide Program Planning Meeting was not held this year. Specific plans and arrangements were made for the three-county Program Planning Meeting to be held in the Verde District last October, but because of the prevalence of polio in the area, the meeting was canceled at the last minute. The Program Planning was then done by letter through the use of a degree-of-interest questionnaire. Each community indicated their primary interests and every effort is being made to calendar as many of these community primary interests on a county wide basis as possible.

Individual club plans were made with the Latter Day Saints' groups of Flagstaff and Fredonia, the Child Betterment Association group of parks, the Homemakers' groups of Sedona and Doney Park, and the American Legion Auxiliary group of the Grand Canyon, for the 1948 Home Demonstration Program. Tentative plans were also made, but later canceled, with the Parent-Teacher's Association at Tuba City for their participation in the 1948 County-wide Home Demonstration Program.

Only one representative from this county was able to attend the County Life Conference at Tucson this year. This was Mrs. Clyde Etter, president of the Sedona Homemakers Club.

CLOTHING, FAMILY ECONOMICS, PARENT EDUCATION, AND COMMUNITY LIFE

Clothing and Textiles

Four demonstrations were held by the agent on the topic "Short Cuts in Sewing," and three on "Necklines and Collar Designing." Four sewing machine clinics were held and one meeting on the use of sewing machine attachments.

The homemakers in all of the agent's three counties are especially interested in any work having to do with clothing. With the drastic changes in styling in 1948 accompanied by the high cost of new clothing, the women were of necessity forced to remodel many of their old clothes. Both demonstrations, "Short Cuts in Sewing" and Necklines and Collar Designing," gave them some new ideas and assistance with this problem. Again, until very recently, it has been most difficult for the women to purchase any type of good quality trimmings or bindings for their new or remodeled clothes. Consequently they were most interested in all types of trimming which the agent was able to show them how to make, notably, continuous bias binding, "perky bows," and the button "crisp double circle flowers." In connection with the making of continuous bias binding, the agent suggested the use of the cutting guage attached to the point of the scissors to keep from having to mark the entire piece of material, but no one was able to buy this simple little attachment; it was unavailable. Then when we were examining the boxes of sewing machine attachments, we found that almost every box of attachments had one of these cutting guages in it.

Three sewing machine clinics were held in this county; twenty-four machines were cleaned, oiled, and adjusted by the homemakers under the supervision of the agent. Two machines, neither of which were in working order, were taken home in good working condition. One was an old White machine which had been stored for years. In anticipation of our clinic the owner got this old machine out of her barn and gave it to one of the young homemakers of the community. This machine lacked a needle holder but by using one from another machine she was able to do the adjusting and had a good-running and stitching machine at a cost of not more than 75¢. Aside from assisting the women with the momentary adjustments, after cleaning and oiling their machines, the agent feels that one of the most important and

Clothing and Textiles (Cont'd)

beneficial results of these clinics is that in the majority of cases they teach the women not to be afraid to adjust and change adjustments on their machines. It is astonishing the number of women who have never adjusted even the top thread tensions on their machines. Nowadays, with the new attachments which are becoming more available and necessary as time-savers, it is necessary for each homemaker to understand at least the simple adjustments necessary to her machine.

Although the use of sewing machine attachments was discussed in the "Short Cuts in Sewing" demonstration, many of the women of Sedona wanted more time and more detailed work with them. Consequently the agent had the ladies bring their attachments to a meeting at which time a discussion and demonstration on the uses of all attachments was given.

NUTRITION AND HEALTH

Food Preservation and Storage

Only one pressure canner clinic was held in the county this year. Twelve canners were checked and were found in very good condition. "Pop-offs" were clean and in good condition. With freezing coming in so rapidly to the fore, it is felt by this agent that to a large extent the canning meats will be replaced by freezing, except in isolated areas where home freezing is not possible because of lack of electricity and/or where a freezer locker plant is not accessible.

There is a very great need for a frozen foods locker plant in or around the vicinity of Flagstaff but as yet none is available. The people of Oak Creek Canyon have access to the very good locker plant in Cottonwood and those in Fredonia to the one over in Kanab, Utah. In addition to these commercial locker plants there are numerous combination deep freeze and short time storage refrigerators as well as large home deep freezers.

Two demonstrations were given on the packaging of foods for the deep freezer. The greatest problem which the locker plants as well as the homemaker is encountering is the procuring of good wrappings. The agent was able to help the homemakers somewhat in this by not only showing and telling her which wrapping and packages was the best but also by having various catalogues from which these materials were available.

Everyone was very impressed with the aluminum foil which is now becoming available. The agent feels sure that it will be much used for wrapping, especially of fowl and ground meats because it gives such good protection.

With the cooperation of one of the homemakers of Sedona, experiments were conducted in the freezing of melon by putting small balls in a light (1-4) syrup. Contrary to our expectations this melon, when about three-fourths thawed after two months' storage, was delicious. Cakes were also packaged, frozen, and served two months later. The concensus of opinion among all

NUTRITION AND HEALTH (cont'd)

Food Preservation and Storage (cont'd)

of the club members was that the cakes were just as good if not better after being frozen as they were when freshly made.

One demonstration on the making of jellies, jams, and preserves was given. The ladies were enthusiastic about the use of the jel-meter which was demonstrated. Like everything else, the pectin content of the fruits varies from season to season and the ladies were glad to know of a specific test which would tell them how much sugar to add to their fruit juice for a perfect jelly. The majority of them felt that the jel-meter would be a saving in both time and money.

Food Selection and Preparation

Two demonstrations were held on the "Conventional" versus the "Speedy" method of making cakes with appropriate altitude corrections for both. The most common comment among the women was - "How can you make three cakes in a couple of hours? It's an all day's job for me to make just one cake." Contrary to the expectations of the agent, the majority of the ladies liked the jelly icing for the cakes. ($\frac{1}{2}$ cup jelly and 1 egg white, beat and beat continuously until stiff). However, we did discover that a good flavored home-made jelly made a much more "tasty" icing than did even the best commercial jelly. The ladies liked this icing because it looked pretty, was easily made, and tasted good. Though its storage qualities are poor, this did not worry them as they said, "A cake doesn't last long enough around my house for that to matter."

The women as a whole received a good bit of benefit from the altitude correction tables and from the demonstration of the practical application of them. Many people do not have the ability to read and translate figures into practical application until they have been shown how once. A few years ago the majority of the people had been born and raised in these high altitudes and learned from their mothers and grandmothers to decrease the leavening agent and sugar and increase the liquid for satisfactory baking, but, today, with the changing population, many of the homemakers have been unable to make even their "old stand by" recipes

NUTRITION AND HEALTH (cont'd)

Food Selection and Preparation (cont'd)

satisfactorily and haven't known why. Therefore, the homemaker who has either learned or, perhaps, re-learned to make a good cake has an improved opinion of herself and her abilities, all of which goes towards making a better, happier home life.

A demonstration and discussion was also conducted on the preparation of frozen foods for the table. The greatest interest here was in the pros and cons of thawing the meats before cooking. Several women reported a poor color on the inside of large roasts cooked without thawing them.

Health and Safety

The agent attended the meeting of the Northern Arizona TB Association, at which time officers and directors of the association were elected. The agent cooperated with the mobile X-ray program and discussed at all club meetings the necessity for everyone to have a chest X-ray.

4-H CLUB WORK
in
COCONINO COUNTY
1947-1948

4 - H C L U B W O R K

ORGANIZATION AND PLANNING

Three active Home Economics 4-H Clubs were organized this year in the county. Through the efforts and assistance of the State and Assistant State 4-H Club Leaders, the County and Home Demonstration Agents were able to organize a 4-H club in Doney Park. This club was a community 4-H club made up of both boys and girls. They met together for their business and recreation meetings twice monthly and separately twice monthly for their project meetings. The girls in this club completed both the First Year Clothing and Foods projects. Plans have been made for a winter as well as the summer club. These members are going to do crafts during the winter months.

A 4-H club was organized at Parks. There had not been a 4-H club at Parks since 1947 and the children were eager to organize one. This club met twice monthly for business and project work and had additional recreation meetings throughout the summer and fall.

The Sedona 4-H club reorganized and met once a month during the winter months for business and recreation. Then during the summer they met weekly to do their project work.

Plans were made with all of the 4-H clubs in the county for a Coconino County 4-H Picnic held in Oak Creek Canyon in July. All clubs were 100% represented and many parents were also present. In spite of continuous rain, all members and parents were very enthusiastic about the County 4-H day and plans were made for this to become an annual event. It is hoped that as time goes on, this may develop into a County 4-H Fair with exhibits and contests, as well as recreation.

One 4-H club member, Jean Oleson of Sedona, represented the county in the Dress Review at 4-H Roundup in Tucson. She was awarded a 3rd place ribbon and a pin.

Five girls and three boys attended 4-H summer camp at Prescott this year. Jean Oleson of Sedona won the blue flag for being captain of the cabin winning the largest number of high awards, showing the

ORGANIZATION AND PLANNING (cont'd)

best all-around camping spirit while at camp.

Achievement days were held in each community in October and November. Pictures on farm safety and slides on National 4-H Camp at Washington, D. C., and National 4-H Conference at Chicago were shown. The State and Assistant State 4-H Club Leaders attended and assisted with these Achievement days. Pins, ribbons, and certificates were awarded those completing their projects.

NUTRITION AND HEALTH

Food Selection and Preparation

Ten girls completed their 4-H Foods projects this year. There was some feeling by both the leaders and the girls in the 4th year Foods work that thirty dishes were too many for her to have to prepare, but the agent explained that these need not be all new dishes or recipes, nor did they have to be difficult or hard things to make.

The Doney Park club received a great deal of benefit from their Foods club in lines other than simply cooking. Many of the girls did not know how to set a table properly nor how to serve and be a hostess. These and many other things the leader was able to teach them along with their actual cooking.

Health and Safety

As a part of the Achievement Day, pictures were shown to all club members on farm safety. The Sedona club had several demonstrations on First Aid as a part of their regular meetings.

CLOTHING AND TEXTILES

Nine girls completed their first-year Clothing projects, three their second-year, one her third-year, one her fourth-year, and one her seventh-year.

The Clothing Specialist met with the Agent and the Sedona girls' 4-H club early in the summer and gave three short demonstrations to the club, namely: (1) how to thread a needle, (2) how to straighten the grain of a piece of material, and (3) how to follow a pattern.

The Agent met with all clubs at various times throughout the year and inspected their work. Demonstrations were given on "slip finishes," the making of the 4-H sewing box, and all first-year projects.

One of the girls, Jean Oleson of Sedona, 4th-year Clothing, entered the Dress Review at 4-H Roundup. She was awarded a 3rd-place ribbon and a pin. It is hoped that in another year this county will be represented in more clothing competitions at Roundup.

The clothing exhibited at the Sedona 4-H Achievement Night was in the majority well made and most attractive. The Agent feels that all girls gained a lot from their clothing clubs and wishes that it were possible for her to spend more time in assisting both the leaders and individuals.

RECREATION AND COMMUNITY LIFE

The Agent spent some time assisting the clubs and leaders in organizing various 4-H recreation programs. In order to get the parents' cooperation for the project it was felt that parents should be invited to as many meetings as possible. At these meetings, which were primarily recreation, (picnics, barbeques, and pot lucks) some type of 4-H exhibit or demonstration was given by 4-H members. This was an effort on the part of both the leaders and agents to acquaint the boys and girls with the giving of demonstrations and talks and to acquaint the parents with what the 4-H members were actually doing and accomplishing.

SUMMARY

The Agent spent a total of 61 days in Coconino County during the year 1947-1948. Work was done in the fields of: Organization, Food Preservation (canning, freezing, and jelly making), Food Preparation (methods of cake making and altitude corrections, and preparation of frozen foods for the table), and Clothing & Textiles (short cuts in sewing, alterations of necklines and collar designing, sewing machine clinics, including cleaning, oiling, and use of attachments).

Active home demonstration work was done in six communities in Coconino County during the year. There is a great demand for more work to be done in several of these communities: chiefly, Fredonia and Parks, but lack of time made it very difficult for the agent to meet with these clubs as often as she would have liked to do so.

OUTLOOK

The outlook for the 1948-1949 year for the Home Demonstration program in this county is very good. An ever increasing number of requests for the Home Demonstration Agent's time shows that there is definitely a growing recognition of the need for her services in the county. Because this is such a large county with such distances involved, it is difficult for the agent to meet with all of the clubs desiring her assistance, and it is also practically impossible for her to get the representatives of all the clubs together for leader training meetings.